

FOR IMMEDIATE RELEASE:

COVID-19 outbreak on NHH's 1B (Restorative Care and Palliative Care) units declared over

NORTHUMBERLAND COUNTY/Tuesday, January 6, 2026 — Northumberland Hills Hospital (NHH) announced today the conclusion of a COVID-19 outbreak that had impacted the hospital's first floor 1B (Restorative Care and Palliative Care) units.

The COVID-19 outbreak was first confirmed by Lakelands Public Health on December 17, 2025.

While the COVID-19 outbreak has been resolved, the hospital is remaining cautious due to concerns regarding isolated instances of Influenza A among patients on 1A. Out of an abundance of caution, NHH's Infection Prevention and Control team has recommended the temporary continuation of in-room dining services on the first floor, and has extended the pause for group activities on both 1A and 1B.

The following is a summary of the infection prevention and control measures that remain in place at NHH:

- **Enhanced environmental cleaning** – Enhanced cleaning, with a focus on high touch surfaces and common spaces has been implemented by the NHH Environmental Services team.
- **Update to dining room service** – dining room service will continue to be replaced with in-room service on both 1B (Restorative Care) and 1A (Inpatient Rehabilitation) as a precaution.
- **Group activities for patients will remain suspended** – As a precaution and to support social distancing, group activities will be paused on both 1B and 1A.
- **Daily self-screening by all workers for symptoms of respiratory infection** – All individuals entering the hospital for work must pre-screen for symptoms and refrain from entering the building or Community Mental Health offices in the event symptoms develop, pending discussion with NHH Occupational Health.
- **Monitoring of patients and staff considered "high risk contacts"** – Any patients who have been identified as having a high risk of exposure have been tested, relocated, and are being cared for with appropriate precautions; similarly, staff at risk of an exposure will also be asked to monitor and report development of any symptoms.
- **Staff vaccinations** - All NHH staff, physicians, midwives and volunteers, are required to be up to date with their COVID-19 vaccines. Occupational Health

continues to offer annual influenza and COVID-19 vaccines to further reduce the risk of infection and spread.

- **Thorough and frequent hand hygiene practices** – Hand hygiene continues to be a vital method of reducing the risk of infection transmission; strict adherence to thorough and frequent hand hygiene will continue to be reinforced hospital wide.
- **Proactive communication** – Updates will be shared as required through the hospital's website and related social media channels.

Masking remains a shared responsibility to mitigate spread

While masking remains optional in the hospital and Community Mental Health offices, visitors are reminded to monitor for any symptoms of communicable illness, including COVID-19, prior to visiting, and refrain from visiting when symptoms are present. Masks continue to be readily available at all hospital entrances and at the Community Mental Health offices.

Visiting reminders

Regular visiting will continue. New admissions to 1B (Restorative Care and Palliative Care) units will be assessed on a patient-by-patient basis.

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About Northumberland Hills Hospital – Located approximately 100 kilometres east of Toronto, NHH delivers a broad range of acute, post-acute, outpatient and diagnostic services. Acute services include emergency and intensive care, medical/surgical care, obstetrical care and palliative care. Post-acute specialty services (PASS) include restorative care and rehabilitation. Mental health care, cancer and supportive care, dialysis and other ambulatory care clinics are offered on an outpatient basis through partnerships with regional centres and nearby specialists. NHH offers a full range of diagnostic services, including magnetic resonance imaging (MRI), computed tomography (CT) and mammography. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 67,000 residents, west Northumberland comprises the Town of Cobourg, the Municipality of Port Hope, Alderville First Nation and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs more than 850 people and relies on the additional support provided by physicians, midwives and volunteers. NHH is an active member of Ontario Health (East)—formerly the Central East Local Health Integration Network—and the Ontario Health Team of Northumberland. For more information, please visit nhh.ca or follow us on Facebook [@northumberlandhillshosp](https://www.facebook.com/northumberlandhillshosp) and LinkedIn [Northumberland Hills Hospital](https://www.linkedin.com/company/northumberland-hills-hospital).